



Mozzarella Chicken Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 large basil leaves
- ☐ 8 ounce ciabatta bread
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 1 teaspoon olive oil
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bottled roasted bell peppers red sliced
- ☐ 0.1 teaspoon salt
- ☐ 0.8 pound chicken breasts boneless skinless

- ☐ 2 ounces sun-dried tomato pesto (such as Classico)
- ☐ 1 large tomatoes thinly sliced

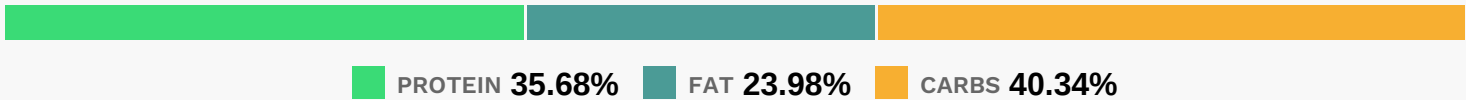
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Combine pesto and mayonnaise in a small bowl, stirring to blend.
- ☐ Sprinkle chicken with pepper and salt.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and cook for 3 minutes on each side or until done.
- ☐ Remove chicken to cutting board, and cool slightly.
- ☐ Cut chicken lengthwise into thin slices.
- ☐ Preheat broiler.
- ☐ Cut ciabatta in half horizontally.
- ☐ Place bread, cut sides up, on a baking sheet. Broil 3 minutes or until lightly browned.
- ☐ Remove bread from pan.
- ☐ Spread pesto mixture evenly over cut sides of bread. Arrange the chicken slices evenly over bottom half. Top chicken evenly with basil leaves, and sprinkle cheese over top.
- ☐ Place bottom half on baking sheet, and broil 2 minutes or until cheese melts. Arrange bell pepper and tomato over cheese, and cover with top half of bread.
- ☐ Cut into 4 equal pieces.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:13.780000043952%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 330.27kcal (16.51%), Fat: 8.69g (13.37%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 30.87g (11.22%), Sugar: 3.3g (3.66%), Cholesterol: 69.8mg (23.27%), Sodium: 1008.13mg (43.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.09g (58.18%), Vitamin B3: 9.27mg (46.36%), Selenium: 30.36µg (43.37%), Vitamin B6: 0.72mg (36.08%), Phosphorus: 292.69mg (29.27%), Calcium: 199.12mg (19.91%), Vitamin C: 16.15mg (19.57%), Vitamin A: 753.21IU (15.06%), Potassium: 474.58mg (13.56%), Vitamin B5: 1.28mg (12.8%), Vitamin K: 11.62µg (11.07%), Vitamin B2: 0.17mg (9.73%), Magnesium: 35.06mg (8.76%), Fiber: 2.02g (8.07%), Zinc: 1.2mg (8.03%), Manganese: 0.13mg (6.31%), Vitamin B12: 0.34µg (5.74%), Vitamin B1: 0.08mg (5.33%), Iron: 0.85mg (4.74%), Copper: 0.09mg (4.28%), Vitamin E: 0.59mg (3.97%), Folate: 15.78µg (3.94%)